

Women in Nature Gaining Skills (W.I.N.G.S.)

Women in Nature Gaining Skills (W.I.N.G.S.) encourages and empowers women through teaching skills needed to partake in outdoor recreation activities in south central Indiana. Each W.I.N.G.S. event features woman-led, hands-on training, with the goal of building a community of women interested in the outdoors. W.I.N.G.S. events take place the third Sunday of each month and are open to ages 16 yrs. and up. For more information on how to join, visit SCINWINGS on Facebook.



Get Outdoors Day

Get Outdoors Day is a free, open-house styled event where people can come to learn about local outdoor opportunities. Try a new outdoor activity or introduce your family to old favorites like hiking, paddling, and birdwatching. For updated information, visit the Parks and Recreation website and follow City of Bloomington, IN - Parks and Recreation on Facebook. Share your photos using #GetOutdoorsDay2021!

Sa 6/12 • 11 a.m.–1 p.m. • FREE

Switchyard Park, 1600 S. Rogers St.—Activity Lawns

HOOSIER
National
Forest

Mushroom Foray

Find out where to search for and how to prepare the many edible wild mushrooms our environment provides. The program begins with a brief introduction to common and easy-to-identify edible mushrooms, followed by a hike to search for edible fungi. Dress for the weather, and be prepared for moderate hiking.

Su 7/11 • 1–2:30 p.m. • Register by 7/6 • 240007-A

\$5/in-city, \$6/non-city • For all ages.

Griffy Lake Nature Preserve,

3400 N. Headley Rd.—Meet at boathouse.

Art in the Park

Some want to capture the colors of a sunset, others the intricacy of a beetle's wing, and some just want to spend time outside appreciating the beauty around us. Whatever your goal, join us and create your own nature-themed art. Painting supplies are provided, but feel free to bring your own. Instructor: Kate Seader

Sa 7/17 • 2–3:30 p.m. • Register by 7/13 • 240008-A

\$5/in-city, \$6/non-city • For all ages.

Rev. Ernest D. Butler Park,

812 W. Ninth St.—Meet at picnic shelter.

A Nocturnal Night

YOU can be what goes bump in the night! Take a naturalist-led night hike to learn about nocturnal animals and the adaptations that allow them to thrive in the dark.

Bring a headlamp or flashlight. Instructor: Kate Seader

Sa 8/28 • 9–10:30 p.m. • Register by 8/24 • 240006-A

\$5/in-city, \$6/non-city • For all ages.

Leonard Springs Nature Park,

4685 S. Leonard Springs Rd.—Meet at parking lot.

Discover new places, navigate scenic trails and make the most of your time by finding City of Bloomington Parks & Recreation on OuterSpatial's FREE mobile app.

Ready to begin your adventure?



OuterSpatial

Find the app on the App Store or Google Play, or go to outerspatial.com/asp.



City of Bloomington
Parks & Recreation

Roving Naturalist

Roving Naturalists are available for private natural resource programs. To schedule a visit with one of our Roving Naturalists, email rebecca.swift@bloomington.in.gov.

Nature and the Outdoors Summer 2021



Price is per person. Children under age 12 yrs. must be accompanied by a registered adult. Activities may be both inside and outside, so please dress for the weather.



For more information, contact Rebecca Swift at rebecca.swift@bloomington.in.gov or 812-349-3759 or. Register online at bloomington.in.gov/parks.

Volunteer Opportunity

Griffy Lake Nature Preserve

Boathouse, 3400 N. Headley Rd.

Scenic woodlands teeming with wild flora and fauna surround the 109-acre Griffy Lake at this 1,200-acre nature preserve. Swimming is prohibited. The Indiana Department of Natural Resources has stocked the lake with bluegill, redear sunfish, largemouth bass, channel catfish, and crappie. Rowboat, kayak, canoe, and stand up paddleboard rentals are available seasonally at Griffy Lake boathouse.

To protect wildlife and visitors, all dogs must remain leashed while in the preserve. Nearby Ferguson Dog Park (4300 N. Stone Mill Rd.) accommodates dogs off-leash. For more information, email the boathouse at griffy.boathouse@bloomington.in.gov.

Griffy Lake Rental Fees

Canoe/Kayak/SUP Rental

(Two-hour limit on holidays/weekends)\$8/hour

10-Rental Pass \$70

Available for purchase at the boathouse during regular business hours.

Reservations are required for all watercraft rentals; walk-up rentals are not available. To make an individual watercraft rental reservation, email griffy.boathouse@bloomington.in.gov or call the boathouse at 349-3732 during normal operating hours. Groups of 10 or more people wishing to make watercraft rental reservations Monday through Friday may do so by calling Rebecca Swift at 812-349-3759 or by emailing griffy.boathouse@bloomington.in.gov. Rented watercraft returned to the boathouse after closing are subject to a minimum \$20 late fee. A minimum \$50 replacement fee is charged for lost, stolen, or damaged rental items.

Privately owned boat launch fees: \$80/season, \$8/day

Boat motors are limited to electric trolling motors only.

Boathouse hours: April and October: Saturday and Sunday only, 9 a.m.–6 p.m.

May–August: Daily, 8 a.m.–8 p.m.

September: Daily, 9 a.m.–6 p.m.

November–March: Closed

Boathouse phone: 812-349-3732

Griffy Lake Trails: Trail guides are available at the Bloomington Parks and Recreation office and the Griffy Lake boathouse. Please respect this fragile environment by remaining on the marked trails. Mountain biking, horseback riding, and off-road vehicles are strictly prohibited.

AMENITIES: Seasonal restrooms and picnic tables next to boathouse

PARKING: Available by the boathouse

TRAILS: 10+ miles total, wood chip and natural:

Wetlands Trail .2 miles, Nature Trail .5 miles (loop),

Griffy Creek Trail 1.5 miles, Hiking Trail 1.7 miles (loop)

Lanam Trail .6 miles, West North Shore Loop 1 mile,

East North Shore Loop .5 miles

ACCESSIBILITY: Accessible canoe and kayak launch

Eco Outpost: Looking for a fun way to interact with the great outdoors? Borrow an Explorer Backpack and take a fun-filled trek through the woods or your own backyard. Backpacks are available on a first-come, first-served basis. The Eco Outpost is open during boathouse hours.

bloomington.in.gov/griffylake

Volunteer to Maintain our Natural Spaces

Many volunteer projects are available for individuals and groups to help maintain and restore some of Bloomington's most scenic natural areas.

Visit bloomington.in.gov/parksvol.



Night Paddle

Experience an evening of peace and serenity on Griffy Lake during the full moon. Navigate the lake, take deep breaths of fresh air, and watch the night sky light up the water. Each participant must register. Watercraft, paddles and life jackets are provided. Children age 14 yrs. and younger must be accompanied by a registered adult. Bring a flashlight to help you navigate back to your vehicle once you return to dry land.

W 5/26 • 8:30–10 p.m. • Register by 5/19 • 240002-A
Th 6/24 • 8:30–10 p.m. • Register by 6/17 • 240002-B
F 7/23 • 8:30–10 p.m. • Register by 7/16 • 240002-C
Su 8/22 • 8:30–10 p.m. • Register by 8/17 • 240002-D
M 9/20 • 8:30–10 p.m. • Register by 9/14 • 240002-E
W 10/20 • 8:30–10 p.m. • Register by 10/13 • 240002-F
\$8/in-city, \$9/non-city • For all ages.
Griffy Lake Nature Preserve,
3400 N. Headley Rd.—Meet at boathouse.

What Did Owl Have for Dinner?

How can you tell what an owl ate? Have a hoot and dissect some owl pellets! We will attempt to reconstruct the skeletal remains in discarded owl pellets to see what our feathered friends have been eating.

While doing so, participants will learn more about local owl species and what roles they play in the food chain.

Su 5/23 • noon–1:30 p.m. • Register by 5/18 • 240003-A
\$5/in-city, \$6/non-city • For ages 6–12 yrs. w/parent.
Switchyard Park, 1600 S. Rogers St.—Meet at Pavilion.

Creepy Crawlies

Learn more about our boneless friends in this program that explores the differences between insects and invertebrates.

Flip over logs and stones to see what’s underneath, meet and identify different bugs, and find out why they are such vital parts of our environment. Instructor: Kate Seader

F 5/28 • 5:30–6:30 p.m. • Register by 5/21 • 240001-A
\$5/in-city, \$6/non-city • For all ages.
Switchyard Park, 1600 S. Rogers St.—Meet at shelter.

Paddle Power!

Practice the proper techniques for controlling the speed and direction of a canoe or kayak during this class on Griffy Lake. We will discuss proper paddling techniques and water safety—we might even stage a race across the lake! This program is designed for the boating novice who is looking to learn confidence on the water. Participants ages 14 yrs. and younger must be accompanied by a registered adult. Life jackets are provided and participants are encouraged to bring their own water bottles.

Th 6/3 • 6–8 p.m. • Register by 5/27 • 240005-A
\$8/in-city, \$10/non-city • For all ages.
Griffy Lake Nature Preserve,
3400 N. Headley Rd.—Meet at boathouse.

Fossil Frenzy

Ever wonder what walked/crawled/swam where you are standing, millions of years ago? Have you found interesting-looking rocks, and wanted to learn more?

Join us in our hunt for the fossils of Indiana. Expect a short introduction on what to look for followed by a hike (about a half mile round trip) to Griffy Creek to scour the fossil beds. Bring drinking water and wear comfortable, water-resistant footwear. Instructor: Kate Seader

F 6/11 • 6–7:30 p.m. • Register by 6/8 • 240004-A
Sa 6/12 • 2–3:30 p.m. • Register by 6/8 • 240004-B
\$5/in-city, \$6/non-city • For all ages.
Griffy Lake Nature Preserve,
3400 N. Headley Rd.—Meet at boathouse.

Nature Sounds

FREE

Bring your own seating.

The Nature Sounds series combines a live, acoustic performance by local musicians with an educational nature presentation about the sounds made and found in all of our outdoor spaces.

6:30–7:30 p.m. on April 23, May 21, and June 11. Locations vary.
For more information, visit bloomington.in.gov/parks/events/nature.



Classes start with a short land lesson reviewing simple safety tips and practical information for success on the water. You will be supported and coached on how to enter and exit the board from the dock, how to paddle from various positions (including kneeling and sitting), how to paddle for power and speed, simple turns and how to return to your board from the water. (Swimming is prohibited, but occasionally someone falls off the board, typically when they are feeling confident and trying more challenging skills). **Participants age 14 yrs. and younger must be accompanied by a registered adult.** Participants are encouraged to bring a water bottle; life jackets are provided.

Griffy Lake Nature Preserve—Meet at boathouse.
\$20/in-city, \$25/non-city • Instructor: Tyler Ferguson

SUP Learn to Paddle

This introductory class is for those who would love to learn to stand up paddle (SUP) but are stumped on how to get started. (Pssst—you don’t HAVE to stand, it is possible to sit or kneel!)

We’ll paddle to a quiet spot on the lake and then sit or recline on our boards for a few stretches and some quiet meditation taking in the sights and sounds of nature.

F 6/4 • 6–7:30 p.m. • Register by 5/28 • 240009-A
Su 6/6 • 8:30–10 a.m. • Register by 5/28 • 240009-B
F 6/18 • 6–7:30 p.m. • Register by 6/11 • 240009-C
F 7/2 • 6–7:30 p.m. • Register by 6/25 • 240009-D
Sa 7/24 • 8:30–10 a.m. • Register by 7/16 • 240009-E
For ages 8 yrs. and up.

SUP for Parents and Kids

This class is perfect for kids under the age of 16 yrs. interested in learning how to stand up paddle (SUP) and their parent(s) who wish to learn alongside them. You don’t have to STAND on a paddleboard; there are paddling options for those who would rather kneel or sit. Completion of this class will give parents and kids the confidence they need for future independent lake trips. We’ll explore the lake refining our paddling techniques while looking for interesting wildlife from this fun perspective.

Sa 6/5 • 8:30–10 a.m. • Register by 5/28 • 240011-A
Sa 7/3 • 8:30–10 a.m. • Register by 6/25 • 240011-B
For ages 8 yrs. and up.

SUP Over 50

Did you know that stand-up paddleboarding is gaining attention as a new fitness and activity option for aging adults? Balance, strength, breath—all of these practices come together on the board. You can still enjoy a paddleboard even if you don’t stand! This class is the same as our Learn to Paddle class but is specifically for those over age 50 yrs. We’ll paddle to a quiet spot on the water, refining our paddling technique and looking for interesting wildlife from this fun perspective.

We’ll find a quiet spot for a rest and meditation in a comfortable seated or reclined position.

Sa 6/19 • 8:30–10 a.m. • Register by 6/11 • 240012-A
F 7/16 • 6–7:30 p.m. • Register by 7/9 • 240012-B
For ages 50 yrs. and up.

SUP Solstice Paddle and Meditation

Enjoy the longest day of the year from the water. Plan on a quick review of stand up paddle (SUP) safety tips on land and light coaching on the water. It is best if you already know how to paddle or have previously taken one of our SUP classes.

We’ll paddle to the middle of the lake, try some light stretching and simple yoga poses if you choose to join in, then settle in for a quiet observation of the beauty around us.

We’ll start with a short, guided meditation, followed by several minutes of quiet and stillness. Connect to nature and Mother Earth on this very special occasion.

Su 6/20 • 7:30–9:30 p.m. • Register by 6/15 • 240013-A
For ages 8 yrs. and up.

SUP Yoga Introduction

This class is appropriate for those new to yoga and newer to stand up paddleboarding (SUP). We recommend trying the SUP Learn to Paddle class before taking this class if you have never tried a paddleboard before. We will review some of the skills necessary to successfully paddle, starting with a safety talk and land lesson, followed by further instruction on the water. We’ll paddle to a nearby cove, drop anchors (included)

and try some common yoga poses. This class is great for those who hope to spend more time on the water.
Sa 6/26 • 8:30–10 a.m. • Register by 6/18 • 240010-A
Sa 7/17 • 8:30–10 a.m. • Register by 7/9 • 240010-B
Sa 8/14 • 8:30–10 a.m. • Register by 8/6 • 240010-C
For ages 15 yrs. and up.